

## Apple Cinnamon Grits

This recipe serves: 4  
**Preparation time:** 10 minutes  
**Cooking time:** 1 hour 10 minutes

### Ingredients

2 cups water  
2 cups skim milk  
1 cup hominy  
1 pinch salt  
2 teaspoons butter, unsalted  
1 large tart apple, diced  
1/2 teaspoon ground cinnamon  
1 tablespoon brown sugar

### Cooking Instructions

1. Bring the water and milk to a boil in the top of a double boiler, then stir in the hominy and add a dash of salt. Cook on top of the double boiler, stirring constantly, until the grits thicken, about 5 minutes. (If not using a double boiler, cook in a saucepan over very low heat for about the same amount of time.)  
2. Cover, and cook until the grits are tender, about 1 hour. (If the grits get too thick, just add water to thin them.) Stir in the butter, apple, and cinnamon. Sprinkle with brown sugar. Serve hot.

### Nutrition Facts

**Serving Size** about 3/4 cup

<b>Calories</b>	124
<b>Total Fat</b>	2g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	24g
<b>Dietary Fiber</b>	3g
<b>Sodium</b>	169mg
<b>Protein</b>	6g
<b>Percent Calories from Fat</b>	11%
<b>Percent Calories from Protein</b>	17%
<b>Percent Calories from Carbohydrate</b>	72%

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## Broccoli Soup with Lemon Cream

This recipe serves 6  
**Preparation time:** 20 minutes  
**Cooking time:** 40 minutes

### Ingredients

1/2 tablespoon olive oil  
1/2 cup finely chopped celery  
1 large onion, chopped  
1 small Russet potato  
salt to taste  
freshly ground black pepper  
1 bay leaf  
1/4 teaspoon dried oregano  
about 1 quart low-sodium chicken broth or vegetable broth  
5 cups broccoli florets  
juice of 1/2 lemon  
3 tablespoons non-fat sour cream

### Cooking Instructions

1. Heat the olive oil in a saucepan over low-medium heat. Add the celery and onion, season lightly with salt and pepper, and cook for 10 minutes.
2. Peel and slice the potato and add it to the pot. Add the bay leaf, oregano and broth and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes.
4. Add the broccoli and simmer until just tender, about 5 to 7 minutes.
5. Blend the lemon juice and sour cream together and set aside.
6. Remove the bay leaf and puree the soup in a blender. Strain and adjust the salt and pepper.
7. Serve the soup in bowls with a dollop of lemon sour cream.

### Nutrition Facts

**Serving Size** 1 1/2 cups

<b>Calories</b>	90
<b>Total Fat</b>	2g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	14g
<b>Dietary Fiber</b>	4g
<b>Sodium</b>	209mg
<b>Protein</b>	6g
<b>Percent Calories from Fat</b>	22%
<b>Percent Calories from Protein</b>	23%
<b>Percent Calories from Carbohydrate</b>	56%

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# Green Leaf Lettuce with Grilled Chicken, Black Olives, Red Bell Pepper and Balsamic Vinaigrette

This recipe serves 4  
**Preparation time:** 20 minutes  
Cooking time: 15 minutes

## Ingredients

### For the balsamic vinaigrette:

1 tablespoon finely chopped shallots  
3 tablespoons balsamic vinegar  
1 1/2 tablespoons olive oil  
salt to taste  
freshly ground black pepper

### For the grilled chicken:

4 skinless, boneless chicken breasts  
nonstick cooking spray

### For the green salad:

8 cups green leaf lettuce, washed and torn into bite-sized pieces  
1/2 cup sliced, large black olives  
1 large red bell pepper, stemmed, seeded and diced

## Cooking Instructions

For the balsamic vinaigrette:

1. Place the shallots and vinegar in a small mixing bowl and whisk to combine. Continue whisking and slowly add the olive oil. Season to taste with salt and pepper.

(This can be made in advance and stored in the refrigerator for up to 3 days.)

For the grilled chicken:

1. Spray the grill grate with nonstick cooking spray and then preheat the grill to medium-high.

2. Season the chicken breasts with salt and pepper.

3. Grill the chicken on both sides until it is cooked through, about 4 to 6 minutes per side depending on the thickness. Transfer the chicken breasts to a cutting board and let cool.

(The chicken can be grilled in advance and stored in the refrigerator for up to 3 days.)

For the green salad:

1. Slice the chicken breasts into strips and place them in a mixing bowl. Add the black olives, red bell pepper and half of the balsamic vinaigrette.

2. Place the lettuce in a separate salad bowl and toss it with the remaining vinaigrette. Arrange the chicken, black olive and red bell pepper mixture on top and serve.

## Nutrition Facts

**Serving Size** 1 chicken breast with salad

<b>Calories</b>	225
<b>Total Fat</b>	9g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	9g
<b>Dietary Fiber</b>	3g
<b>Sodium</b>	379mg
<b>Protein</b>	29g
<b>Percent Calories from Fat</b>	34%
<b>Percent Calories from Protein</b>	51%
<b>Percent Calories from Carbohydrate</b>	15%

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# Chicken Piccata

This recipe serves: 4  
**Preparation time:** 5 minutes  
**Cooking time:** 8 minutes

## Ingredients

4 boneless, skinless chicken breasts, about 4 to 6 ounces each  
1 1/2 tablespoons olive oil  
salt to taste  
freshly ground black pepper  
flour for dredging  
1/2 cup low-sodium chicken broth  
2 tablespoons lemon juice  
2 tablespoons capers  
2 tablespoons chopped parsley

## Cooking Instructions

1. Lay the chicken between two pieces of waxed paper and flatten each cutlet with the flat end of a mallet until thin.
2. Heat the olive oil in a large, non-stick skillet until hot. While the oil is heating, season the chicken with salt and pepper and dredge it in flour.
3. Sauté the chicken over high heat, about 3 minute on each side. Remove to a warm platter and keep warm.
4. Quickly add the chicken broth to the pan and stir with a wooden spoon to release any caramelized bits that may be stuck to the pan. Cook until the broth has reduced by half. Add the lemon juice and capers. Pour the sauce over the chicken, sprinkle with parsley and serve.

NOTE: You may have to sauté the chicken in two batches. If so, use a clean pan for each batch. Make the sauce in one of the pans.

## Nutrition Facts

**Serving Size** 1 chicken breast

<b>Calories</b>	253
<b>Total Fat</b>	7g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	4g
<b>Dietary Fiber</b>	0g
<b>Sodium</b>	370mg
<b>Protein</b>	40g
<b>Percent Calories from Fat</b>	27%
<b>Percent Calories from Protein</b>	66%
<b>Percent Calories from Carbohydrate</b>	7%

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## Lemon Dill Rice Pilaf

This recipe makes: 4  
**Preparation time:** 10 minutes  
**Cooking time:** 20 minutes

### Ingredients

1 teaspoon butter, unsalted  
1/3 cup finely chopped onions  
2/3 cup converted rice  
1 cup water  
juice of 3 lemons  
freshly ground black pepper  
salt to taste  
3 tablespoons finely chopped, fresh dill

### Cooking Instructions

1. Preheat the oven to 350°F.
2. In a small ovenproof pot, melt the butter over medium-low heat. Add the onion and cook for 3 to 4 minutes, until the onions become translucent but not brown.
3. Add the rice and stir to coat evenly with butter. Cook for 3 to 4 minutes.
4. Add the water, lemon juice and bring to a boil over high heat.
5. As soon as the water comes to a boil, cover the pot and place in the oven for 18 minutes.
6. Add the salt, pepper and dill and fluff with a fork.

### Nutrition Facts

**Serving Size** 1/3 cup

<b>Calories</b>	130
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	27g
<b>Dietary Fiber</b>	1g
<b>Sodium</b>	132mg
<b>Protein</b>	2g
<b>Percent Calories from Fat</b>	8%
<b>Percent Calories from Protein</b>	8%
<b>Percent Calories from Carbohydrate</b>	84%

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## Simply Sautéed Vegetables

This recipe makes: 4  
**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

### Ingredients

2 teaspoons olive oil  
1 teaspoon crushed garlic  
6 cups seasonal vegetables, sliced or cut into 1-inch pieces (such as broccoli, cauliflower, zucchini or leafy greens)  
Salt to taste  
Freshly ground black pepper

### Cooking Instructions

1. Heat the olive oil in a 10" skillet over medium-low heat.
2. Add the garlic and cook for 1 minute.
3. Add the vegetables, salt and pepper and sauté with the olive oil and garlic until the vegetables turn bright in color and become tender, about 3 to 6 minutes.
4. Remove from skillet and serve.

### Nutrition Facts

**Serving Size** 1/3 cup

<b>Calories</b>	130
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	27g
<b>Dietary Fiber</b>	1g
<b>Sodium</b>	132mg
<b>Protein</b>	2g
<b>Percent Calories from Fat</b>	8%
<b>Percent Calories from Protein</b>	8%
<b>Percent Calories from Carbohydrate</b>	84%

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## Sautéed Apples

This recipe makes: 4  
**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

### Ingredients

1 teaspoon butter  
4 firm, tart apples, peeled, cored and sliced  
pinch of ground cinnamon (optional)

### Cooking Instructions

1. Melt the butter in a skillet over medium heat.
2. Add the sliced apples and the cinnamon.
3. Sauté until the apples are soft. Serve with poultry, pork or pancakes.

### Nutrition Facts

**Serving Size** 1 apple

<b>Calories</b>	89
<b>Total Fat</b>	1g
<b>Saturated Fat</b>	1g
<b>Total Carbohydrate</b>	22g
<b>Dietary Fiber</b>	5g
<b>Sodium</b>	10mg
<b>Protein</b>	0g
<b>Percent Calories from Fat</b>	9%
<b>Percent Calories from Protein</b>	0%
<b>Percent Calories from Carbohydrate</b>	91%

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